

# CVR Membership Registration



## BENEFITS OF BECOMING A MEMBER

- ◆ Connect with other runners
- ◆ Sharing of knowledge and experience
- ◆ Weekly training and fun runs
- ◆ RRCA (Road Runners Club of America) affiliation
- ◆ Discount at club sponsored events
- ◆ Monthly club meetings
- ◆ Support for a volunteer club devoted to running

Name \_\_\_\_\_ Age \_\_\_\_\_

Male       Female

### Family Membership:

Name \_\_\_\_\_ Age \_\_\_\_\_

Male       Female

Name \_\_\_\_\_ Age \_\_\_\_\_

Male       Female

Name \_\_\_\_\_ Age \_\_\_\_\_

Male       Female

Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ (cell) \_\_\_\_\_

Email: \_\_\_\_\_

By signing this registration form you will be granting permission to the CVR webmaster to send you emails regarding club business. Your email will only be used for this purpose. An email that bounces twice will be considered revocation of this permission.

New member:     Renewing member:     Adult \$15     Family \$20     Student \$10

I know that running and volunteering to work in club races and fun runs are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of the event organizer or official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races and fun runs including, but not limited to: falls, contact with other participants, the effects of the weather and conditions of the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Cowlitz Valley Runners and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons and entities named in this waiver. I grant permission to all of the foregoing to use my name, likeness and identity in any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_ Mail to:

Signature of Parent/Guardian if under 18 years of age:

\_\_\_\_\_ Date \_\_\_\_\_

Cowlitz Valley Runners  
P.O. Box 2392  
Longview, WA 98632